

# PREPARE FOR PANDEMIC FLU

## GET THE FACTS

A flu pandemic may last for several months so it is important that you know what to plan for. The following list describes what you might expect during a pandemic:

### Social Distancing

Social distancing is a term used to describe increasing the distance between people so that flu cannot easily spread. Steps you can take to for social distancing include:

- Avoiding crowded places. (movie theaters, sporting events, shopping malls)
- Working from home.
- Changing work schedules and patterns to slow the spread of flu.

### Community Disruption

- Usual services such as hospital care, stores, restaurants, post offices, banks and trash collection may be disrupted.
- Public meetings such as church services, schools, clubs and sporting events may be canceled.
- Services for people with special needs may not be available.

### Transportation Disruption

- Public transportation or gas stations may be disrupted or have limited service.
- Store food and essential supplies to reduce the number of store visits.
- Consider other ways to get to work or work from home if possible.
- Keep cash on hand in case banks or teller machines are not available.

### Work Disruption

- Find out if you can work from home.
- Ask your employer about how business will continue during a pandemic.
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.

### Closing of Schools

- Help schools plan for pandemic flu. Talk to the school nurse and teachers about their plans.
- Plan home learning activities, exercises and recreational activities for children. Have materials such as books on hand.
- Consider childcare needs.

PREPARE

# KNOW THE DIFFERENCE

There are several key differences between seasonal flu and pandemic flu.

Seasonal Flu	Pandemic Flu
Seasonal flu is caused by flu viruses that are similar to those already affecting people. Flu shots are available each year to protect against seasonal flu.	Pandemic flu is caused by a new flu virus that people have not been exposed to before. Flu shots might not be available during the beginning of the pandemic because large amounts of vaccine cannot be made until experts know what the new virus will be.
Symptoms include fever, cough, sore throat, headache and muscle pain.	Symptoms will be similar to regular flu symptoms, but may be more severe and complications could be more serious.
Healthy adults are usually not at risk for serious complications. The very young, the elderly and people with serious health conditions are at increased risk for serious complications, such as pneumonia or even death.	Healthy adults may be at increased risk for serious complications.
Seasonal flu generally causes a modest impact on society (some schools closed, encouraging sick people to stay home).	A severe pandemic may cause a major impact on society. There may be widespread restrictions on travel, closings of schools and businesses and cancellation of large public gatherings. Basic services and access to supplies could be disrupted.
Health systems can usually meet public and patient needs.	Health systems may be overwhelmed.

## WHAT IS BIRD FLU?

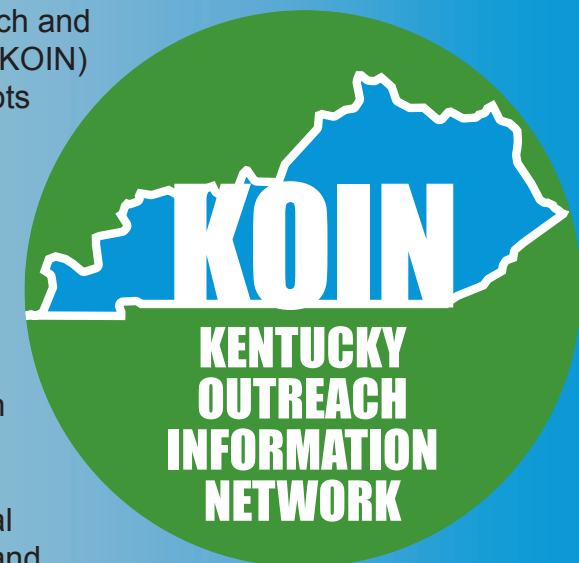
Bird (Avian) flu is an infection caused by flu viruses affecting birds. These flu viruses occur naturally among birds and wild birds carry normally harmless forms of flu viruses in their intestines and usually do not get sick from them. Unlike most bird flu viruses, this new flu strain, H5N1, has caused death in many species of wild birds. Bird flu can be very contagious among domestic poultry making chickens, ducks and turkeys very sick and killing them.

Currently the H5N1 bird flu does not spread easily from person-to-person. Most of the human infections with bird flu in other parts of the world were caused by close contact with infected birds. Health experts are concerned that bird flu might change into a virus that can easily spread from person-to-person. Scientists and healthcare professionals are carefully watching for changes in bird flu viruses because that could signal the beginning of a pandemic.

## KENTUCKY OUTREACH INFORMATION NETWORK (KOIN)

The Kentucky Outreach and Information Network (KOIN) is a growing grass roots network of trusted resource people that serve as sources of information to vulnerable population groups in Kentucky during emergencies. This person-to-person network pushes preparedness responsibility into local communities, formal and informal organizations, and to the local media.

For more information on the KOIN, call (502) 564-6786 or visit [www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm](http://www.chfs.ky.gov/dph/epi/preparedness/KOIN.htm)



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GET READY  
GET SET  
KNOW

PREPARING  
FOR  
PANDEMIC  
FLU



# GET READY — STEPS TO TAKE

## MAKE AN EMERGENCY KIT

You can prepare for an emergency like a pandemic now. Be sure to include the following items in your kit for an extended stay at home:

- **Food and water.** Store at least enough food and water for two weeks. During a pandemic, you may not be able to get to a store or stores may be out of supplies. For planning purposes, store one gallon of water per day for each person in your family, including pets. Examples include:

- Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups
- Protein or fruit bars
- Dry cereal, granola, nuts or dried fruit
- Canned or jarred baby food and formula
- Pet food and supplies
- Manual can opener

- Medical and health supplies

- Prescription drugs (periodically check to ensure a continuous supply in your home)
- Nonprescription drugs and other health supplies such as pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, vitamins and a thermometer
- Tissues, toilet paper, disposable diapers and wipes
- Soap and cleaning supplies

- Emergency supplies

- Flashlight with batteries
- Battery-powered or hand
- Crank radio
- Garbage bags
- Cellular phone and charger

## DISABILITY-RELATED SUPPLIES AND SPECIAL EQUIPMENT

- **If you use a wheelchair or scooter:**
  - Patch kit, can of seal-in-air product and extra inner tubes
  - Pair of heavy gloves
  - Extra battery and charger (see manual for storing and charging information)
  - Lightweight manual wheelchair for backup
- **If you are blind or have a visual disability:**
  - At least one extra white cane
  - Talking or braille clock or large print time-piece with extra batteries
  - Eye care supplies (extra eye glasses, contact lenses, lens solution, magnifiers)
  - Mark your disaster supply items with fluorescent tape, large print or Braille
- **If you are deaf or have a hearing loss:**
  - Extra hearing aid batteries
  - Pads of paper and pencils or pens
  - Flashlight, whistle or other noisemaker
  - A card stating that you are deaf. Include any other appropriate communication information such as “I do (or do not) know American Sign Language (ASL)”
- **If you have a speech-related or communication disability:**
  - Pads of paper and pencils or pens
  - Keep all electronic communication devices close at hand
  - Store copies of word or letter boards and preprinted phrases you might use during an emergency in your kit
- **If you have a service animal:**
  - Necessary equipment such as food, water, leash or harness, collar, identification tags, copy of current license and vaccinations

## STAY HEALTHY

Make good hygiene a habit. Take the following common sense steps to limit the spread of germs:

- **Wash your hands.** Wash hands with warm, soapy water or use a hand sanitizer.
- **Cover your mouth and nose with a tissue when you cough or sneeze.**
- **Keep living and work areas clean.** Clean commonly used surfaces and items with a household disinfectant or chlorine bleach mixture (1/4 cup chlorine bleach and 1 gallon of cool water).
- **Stay at home if you are sick.**
- **Get a flu shot.** A flu shot will protect you against seasonal flu and can help you stay healthy. Get a pneumonia shot if you are over age 65 or have a chronic illness such as diabetes or asthma.
- **Thoroughly cook all meats and poultry.** Meats and poultry should be thoroughly cooked. Wash hands with warm water and soap before and after handling raw poultry and eggs. Clean cutting boards and utensils with soap and hot water to avoid cross-contamination.
- **Stay informed.** Knowing the facts is the best preparation for staying healthy. Identify sources you can count on for reliable and accurate information.

## MAKE A PLAN

During a pandemic, you and your family may need to stay home for several days or weeks. Make a plan to communicate and get assistance should you need additional supplies or resources.

Contacts	Name / Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near: Work	
School	
Home	
Family physician(s)	
State or local health department	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	
Veterinarian/Kennel	

## GET INFORMED

Knowing the facts is the best preparation for pandemic flu. Identify sources that you can count on for reliable information. Having accurate and reliable information can be critical if a pandemic occurs.

### STATE AND FEDERAL RESOURCES

#### Kentucky Department for Public Health

www.chfs.ky.gov/dph  
www.healthalerts.ky.gov  
(502) 564-3970

#### Kentucky Division of Emergency Management

http://kyem.ky.gov  
502-607-1611 or 800-255-2587

#### Kentucky Office of Homeland Security

www.ProtectYourFamily.ky.gov  
(502) 564-2081

#### U.S. Department of Health and Human Services

www.pandemicflu.gov

### FOR THOSE WITH SPECIAL NEEDS

#### Services for the Deaf and Hard of Hearing:

#### Kentucky Commission on the Deaf and Hard of Hearing

V/T: (502) 573-2604 or  
V/T: (800) 372-2907  
www.kcdhh.ky.gov

#### Kentucky Relay Service

V/T: (800) 648-6057  
T/V: (800) 648-6056

#### Services for the Disabled:

#### Kentucky Assistive Technology Service (KATS) Network

Charles McDowell Rehabilitation Center  
(502) 429-4484  
TDD: (800) 327-5287



### SERVICES FOR RURAL RESIDENTS

#### Kentucky State University Cooperative Extension Program

(502) 597-6310

### SERVICES FOR THE BLIND

#### Kentucky Office for the Blind

(800) 321-6668  
TDD: (502) 564-2929  
www.blind.ky.gov

### INTERPRETATION SERVICES IN OTHER LANGUAGES

#### Louisville Metro Office for International Affairs

(502) 574-1432